

GMT	CREW	ACTIVITY
07:00–07:10		Morning inspection
07:10–07:40		Post-sleep
07:40–08:30		BREAKFAST
08:30–09:00		Prep for work
09:00–09:15		Daily planning conference (<i>S-band</i>)
09:15–09:30	FE-2	GASMAP HRF powerup for functional test
09:15–10:15	CDR	EVA crew health evaluation
09:30–10:00	FE-2	Psychological test (questionnaire)
09:45–12:45	FE-1	Inventory audit of Russian hardware
10:00–11:30	FE-2	Physical exercise (RED)
10:15–10:25	CDR	Video setup for TVIS exercise
10:25–11:25		Physical exercise (CEVIS)
11:30–12:00		Psychological test (questionnaire)
11:30–12:30	FE-2	Physical exercise (TVIS)
12:30–12:40		HRF Helium test
12:40–13:40		EVA crew health evaluation
12:45–13:45	FE-1	Physical exercise (VELO + Load Trainer-1 / active rest)
13:45–14:45		LUNCH
14:45–15:30	CDR	HRM software config
14:50–15:05	FE-2	HRF GASMAP deactivation
15:05–15:40		HRF work station prep
15:40–16:40		HRF work station: functional test
15:50–16:30	FE-1	IMS file prep
16:30–18:00		Physical exercise (TVIS / active rest)
	CDR	Physical exercise (RED)
16:50–17:20	FE-2	HRF work station: closeout ops
17:20–18:00		Maintenance of COX
18:00–18:10	CDR	Teardown of video config for TVIS exercise
18:10–18:40		Daily plan review
18:40–18:55		Daily planning conference (<i>S-band</i>)
18:55–19:30		Report prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: See OSTP for references to US procedures

End of radiogram